SAMPLE MENU – Lunch K-5 and 6-8

	Mon	Tue	Wed	Thurs	Fri	Weekly Total
Menu	Submarine Sandwich	Chicken Teriyaki	Oven Baked Fish	Whole Wheat Cheese	Beef Taco (2oz) on	
	(1.6oz Turkey, .5oz	(2oz) on Brown Rice	Nuggets (2oz meat/.5oz	Pizza (2oz)	Whole Grain Tortilla	
	low fat cheese) on	(3/4c)	breading)	w/ (1.5oz) low fat	(1.5oz)	
	WW Bun (1.5oz)	Broccoli (1/2c)	Whole Wheat Roll	mozzarella cheese	Salsa (1/4c)	
	Sweet Potato Fries	Carrots (1/4 c)	(1oz K-5; 2 oz 6-8)	Green Leafy Lettuce (1 c)	Refried Beans (1/2c)	
	(1/2 c)	Kiwi (1/2 c)	Mashed Potatoes (1/2c)	Sliced tomato (1/4 cup)	Corn (1/4c)	
	Green Pepper Strips	Skim Milk/1% (8oz)	Green Beans (1/4c)	Pineapple (1/2c)	Cantaloupe (1/2c)	
	(1/4c)		Peaches (1/2c)	Skim Milk/1% (8oz)	Skim Milk/1% (8oz)	
	Frozen Strawberries		Skim Milk/1% (8oz)			
	(1/2c)					
	Skim Milk/1% (8oz)					
Meat/Meat Alternate	Turkey (1 oz)	Chicken (2 oz)	Oven Baked Fish	Low Fat Mozzarella	Beef (2 oz)	9 oz eq
(1 oz eq minimum per day)	Cheese (.5 oz)		Nuggets (2 oz)	Cheese		
(8 - 10 oz eq per wk. K-5)				(1.5 oz)		
(9 - 10 oz eq per wk. 6-8)						
Vegetables						
(3/4 cup per day)						
(3 ¾ cups per week)						
Dark green		Broccoli		Green Leafy Lettuce		½ cup met
(1/2 cup per week)		(1/2 cup)		(1 cup)		½ cup additional***
Red/Orange	Sweet Potato Fries	Carrots(1/4 cup)		Sliced Tomato (1/4 cup)		³ / ₄ cup met
(3/4 cup per week)	(1/2 cup)					1/4 cup additional***
Beans/Peas (Legumes)					Refried Beans (1/2 cup)	½ cup met
(1/2 cup per week)						
Starchy			Mashed Potatoes (1/2		Corn (1/4 cup)	½ cup met
(1/2 cup per week)			cup)			½ cup
						additional***
Other	Green Pepper Strips		Green Beans (1/4 cup)		Salsa (1/4 cup)	½ cup met
(1/2 cup per week)	(1/4 cup)					1/4 cup additional***
Additional Vegetable to						1 ¹ / ₄ cup (1 cup
Reach Goal***						additional
(1 cup per week)						requirement met)
Grains (1 cup per week)	Whole Wheat Bun	Brown Rice (3/4c) =	Whole Wheat Roll	Whole Grain Pizza Crust	Whole Grain Tortilla	8.2 oz eq K-5
(1 oz eq per day)	(1.6 oz)	1.5 oz eq	(1oz K-5; 2 oz 6-8)	(2 oz)	(1.6 oz)	9.2 oz eq 6-8
(8-9 oz eq per day)	(1.0 02)	1.5 02 cq	Fish Nugget Breading		(1.0 02)	7.2 02 cq 0 0
(8-) oz eq per week) 6-8			(.50z)			
Fruits	Strawberries (1/2 cup)	Kiwi Halves (1/2	Peaches (1/2 cup)	Pineapple (1/2 cup)	Cantaloupe (1/2 cup)	2 ½ cups
(1/2 cup per day)	Strawootties (1/2 cup)	cup)	reacties (1/2 cup)	i meappie (1/2 cup)	Cantaloupe (1/2 cup)	2 /2 cups
(2 ½ cups per week)		(Cup)				
Fluid Milk	Skim Milk or 1%	Skim Milk or 1%	Skim Milk or 1%	Skim Milk or 1%	Skim Milk or 1%	5 cups
(1 cup per day)	(8 oz)	(8 oz)	(8 oz)	(8 oz)	(8 oz)	o cups
(5 cups per week)	(0.02)	(0 02)	(0.02)	(0.32)	(0.02)	
(5 sups per week)	<u> </u>	<u> </u>	ı	1	I	